

# *Guantanamo Bay* *Gazette*

Vol. 60 No. 44

Friday, November 7, 2003

## **NEX/MWR Customer Appreciation Event Spices Up GTMO's Weekend**

*Kicking off Military Family Appreciation Month, GTMO's Navy Exchange and MWR held its Customer Appreciation Day. Residents were treated to delicious food and fabulous prizes. See page 6 for the list of prize winners.*

*Photos by PH2 Terry Matlock*



*The judges sampled several mouth-watering and unique chilies before selecting the three winners of the NEX Customer Appreciation Day Chili Cook-off.*

## NEWS BRIEFS

### MyPay Offers Electronic W-2s

All current myPay military users and Defense Finance and Accounting Service (DFAS) civilian employees who request or already have a myPay Personal Identification Number (PIN) and access myPay will now automatically receive an electronic W-2.

The electronic method is now the primary means of delivery for all DFAS civilians and military users with a customized myPay PIN. Users may elect to receive a printed W-2 by mail by choosing the hard copy option through myPay before Dec. 1.

The online version, complete with printing instructions, is 100 percent compatible for all tax purposes and allows users to print as many copies as they need without having to depend on saving a hard copy. A save button is also available to allow individuals to save their W-2s to disk.

To ensure customers who are affected receive either an electronic or hard copy W-2, there will be a "no change" period from Dec. 1 through Jan. 31. During this period, users will not be allowed to change their W-2 print election on myPay, but may request a paper W-2 by contacting their local financial services activity.

To select the hard copy W-2, go to <https://mypay.dfas.mil>. Under Taxes, select "Turn on/off Hardcopy of W-2." Once this option is selected, carefully read the various questions posed. The user will be given the opportunity to select "hard copy." In doing so, the user has elected to receive a hard copy by mail and will also still be able to see the W-2 electronically.

Retired military service members and annuitants, as well as civilians outside of DFAS, will continue to receive their tax statements or 1099 statements by mail. No action is required.

### Christmas Tree Lighting Program

The OCSC is sponsoring this year's annual Christmas Tree Lighting Ceremony on Nov. 28 at 6pm.

If you have a special talent and would like to perform at this year's event, or if you and your organization would like to help make this year's program a success, contact Tammy Record at 7056.

### Sign-up for Sleigh Rides

The 2003 holiday season proposed Sleigh Ride destinations are NAS Jacksonville, NAS Pensacola, NAS Fort Worth, NAS Atlanta and NAS Norfolk. The dates are Dec. 20 - 30 and Dec. 30 - Jan. 10.

Sign up periods for the flights are Nov. 8 & 9 from noon to 3pm at the NEX Atrium.

### SJA Information on Private Organizations

By DoD regulation, the Commanding Officer is responsible for oversight of all organizations operating on-board the installation. To ensure proper and consistent application of the governing regulations and statutes, COMNAVBASINST 5760.1D gives the Staff Judge Advocate (SJA) responsibility for the chartering and administration of private organizations. The instruction applies to nationally-sponsored and purely-local organizations alike. If you are involved in a private organization, please ensure you have a current charter. Organizations operating without a charter may face dissolution, and members may face administrative or disciplinary action. For more information, contact LT Record at 4454.

### OCSC Can Help Your Organization

The Officers and Civilians Spouses Club (OCSC) is accepting requests for financial assistance from community organizations.

Deadline for requests is January 15, 2004. Send written requests to: OCSC, ATTN: Community Support Committee, Box 161 or call Bobbi Johann, 4678 or Joyce Fricker, 5526.

### Quality of Life Meeting

Tired of the same old problems? Have any ideas on how to fix them? Want to improve morale? Come to the Quality of Life (QOL) meeting on Friday, Nov. 14 at 3pm in Bulkeley Hall Classrooms B&C.

The board and meeting are open to all interested parties -military and civilian. All Tenant Commands and Departments should have a representative present.

All items and issues you wish to address at the meeting must go through the Command Master Chief or a QOL Representative one week prior to the meeting. Forward all concerns to the following: fax, 4029 or e-mail, [QualityOfLife@usnbgtnavy.mil](mailto:QualityOfLife@usnbgtnavy.mil). All items must be received by Monday, Nov. 12. This will allow their inclusion in the meeting's agenda.

### Childbirth Education Class

A six session workshop for expecting parents with due dates between now and the end of January 2004. Topics of discussion include stages of labor, comfort measures, labor medications, breastfeeding, postpartum and newborn Care. Sessions are at Naval Hospital in SEAT classroom on Nov. 10, 11, 24, 25 and Dec. 1 and 3 at 6:30pm. Call 7-2450 or 7595 to reserve your seat.

**U.S. Naval Base  
Guantanamo Bay, Cuba**

# Gazette

Vol. 60 No. 44  
Friday, November 7, 2003

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Command Master Chief  
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# Veteran's Day 2003: November 11

Veterans Day originated as "Armistice Day," which commemorated the end of World War I on Nov. 11, 1918. Proclaimed by Congress each year starting in 1926, Armistice Day became "Veterans Day" in 1954 as a result of legislation signed by President Dwight D. Eisenhower. The intention of the name change was to honor all of those who served the nation in wars or conflicts. Veterans Day has been observed annually on this date since 1978, following a brief period of observance on the fourth Monday of October.

## Who Do We Celebrate on Veteran's Day?

**26.4 million** - The number of military veterans in the United States; this is a ratio of about 1-in-8 (or 13 percent) of U.S. civilians 18 and over.

**1.6 million** - The number of veterans who are women. In the most recent period of service (August 1990 or later), women accounted for nearly 16 percent of all veterans. In contrast, women make up about 4 percent of World War II veterans and 2 percent of Korean War veterans

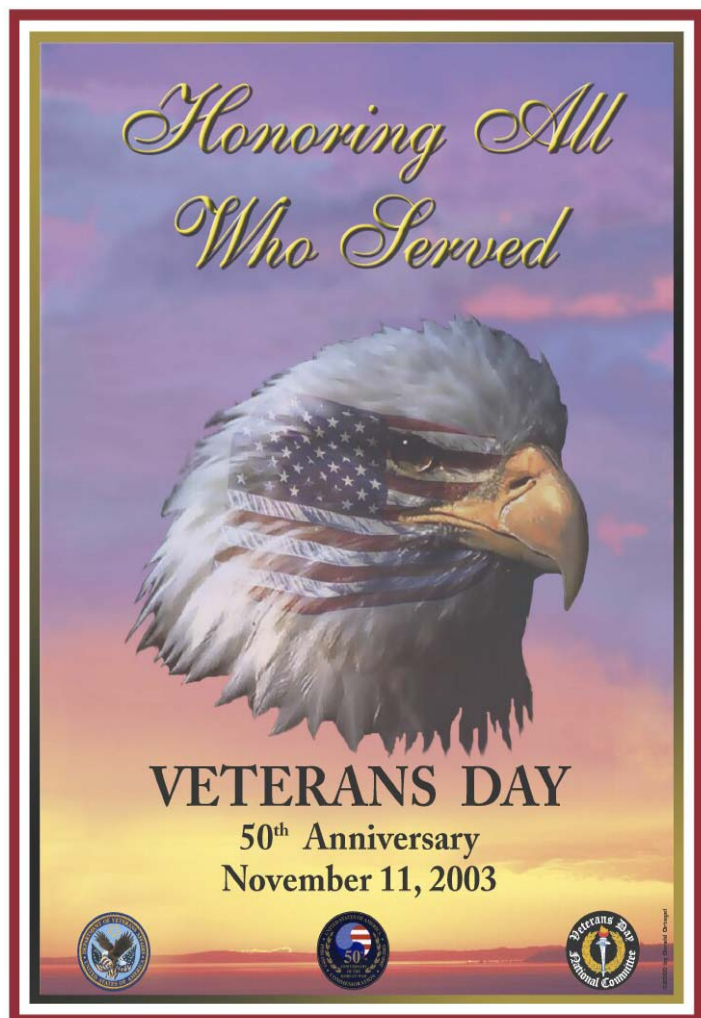
**9.7 million** - The number of veterans who are age 65 or over.

**57.4** - Median age of the nation's veterans.

**2.6 million** - The number of black veterans. Additionally, **1.1 million** are Hispanic, **284,000** are Asian and **196,000** are American Indian or Alaska native.

Vietnam-era veterans account for the largest share of all veterans, about 3-in-10. The next largest share, about 2-in-10, served during World War II.

*Information provided by the U.S. Census Bureau.*



## A Veteran's Day Message from NAVSTA's Command Master Chief

As a product of a family steeped in military tradition dating back to when my great grandfather came to America and joined the Army and every generation since; grandfathers, father, uncles and cousins, sons and son-in-laws, I feel very strongly about Veterans Day.

On this day, we pause to remember those who were called upon to put their lives on the line for their country and what this country stands for. We think of those who died in the service of our nation. Let's not remember only those who died, but those who lived to return.

Though the giving of ones life is, as Abraham Lincoln said, "the last full measure of devotion," those who came home deserve not just our thanks but the salute of their fellow countrymen as well. Veterans of every war have come home as motivated in peace as they were in war. After all, is that not what they fought for. Many are among us here in Guantanamo Bay.

Calvin Coolidge said, "The nation which forgets its defenders will be itself forgotten." We will not forget them. Veterans Day was established to designate a day to remember, honor, and thank these warriors.

Behind every veteran of every war in every service since the beginning of man there has stood a force that has carried on the fight back home. On those lines there were no swords, bullets, rockets or torpedoes. On those lines there were no screams of the wounded or the last full gasp for air in the cold sea. But on those lines were the courageous and strongest of all; the families. Veterans themselves of a different war and veterans themselves of every war. Their sacrifice at home should never be forgotten and should also be saluted on our nations day of remembrance.

Perhaps the greatest honor we can bestow upon our veterans, living and dead, is best expressed in another quotation from President Abraham Lincoln: "It is for us, the living...to be dedicated here to the unfinished work that they have thus far so nobly advanced...that we here highly resolve that these dead shall not have died in vain; that this nation, under God, shall have new birth of freedom, and that the government of the people, by the people, for the people shall not perish from the earth." In paying tribute to our veterans, we are in fact paying tribute to the great heritage that we all share and can be most proud of. Remember.

*Command Master Chief Al Steiner*

## Armed Services YMCA Announces Annual Art, Essay Contest

### **Art Contest 2004**

The Armed Services YMCA has announced it's ninth annual art contest in support of Military Family Month. This year, the contest begins November 1 and concludes with a deadline of January 26, 2004.

A winner will be picked from each service and awarded a \$500 U.S. Savings Bond. In addition, winners' artwork will be featured on the Military Family Month 2004 poster, sponsored by GEICO Direct. Second place winners will receive a \$100 U.S. Savings Bond.

Students of military families in the Army, Navy, Marines, Air Force, Coast Guard, and National Guard, in kindergarten through sixth grade, are eligible to enter. Children of Department of Defense civilians may enter in an honorary category for a \$100 U.S. Savings Bond.

Drawings should be in color, on 8.5-by-11-inch paper. Larger entries will be disqualified. Black and white drawings may be entered but are less likely to be selected as top winners. Entries should depict the student's military family. Please do not identify family members on the drawing.

Every single entry must include an official art contest entry form. Information and forms can be downloaded from the website: [www.asymca.org](http://www.asymca.org). Mail entries to: **Armed Services YMCA, Attn: Art Contest, 6359 Walker Lane, Suite 200, Alexandria, Va. 22310.** All qualified entries should be postmarked no later than January 26, 2004.

For additional information, call 703-313-9600 ext. 10. E-mail queries may be sent to [kspooner@asymca.org](mailto:kspooner@asymca.org).

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. Celebrating 142 years, the ASYMCA, an affiliate of the YMCA of the USA and headquartered in Alexandria, Va., has more than 80 program locations around the world.

### **Essay Contest 2004**

The Armed Services YMCA Essay Contest 2004 is seeking readers who can write about why they love to read. Co-sponsored by Lockheed Martin, the essay contest promotes reading among children and teens of the uniformed services (active-duty, Reserve, Guard and retired), and civilian (DOD and Coast Guard) families. Winning essays receive U.S. Savings Bonds.

One \$500 first place and one \$100 second place bond will



be awarded in categories for first and second grade; third and fourth grade; fifth and sixth grade; and seventh and eighth grade.

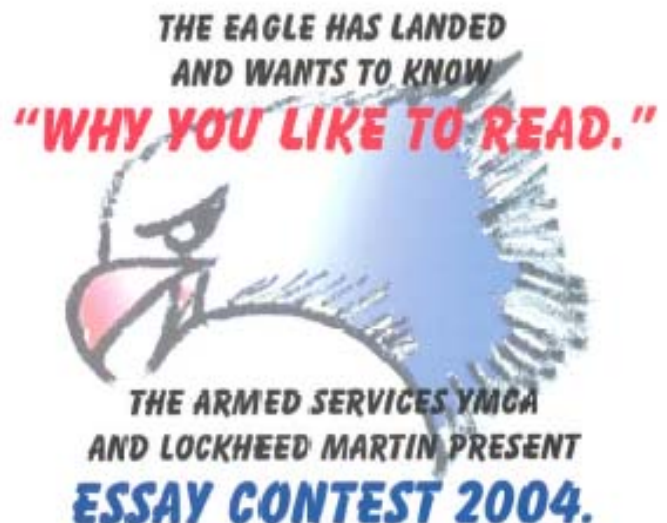
Students in two high school categories, ninth and 10th, and 11th and 12th, will be awarded \$1,000 bonds for first place, and \$200 bonds for second place. In addition, there are two \$100 bonds for essays of honorable mention.

Students are asked to write about 'why they like to read'. Grades eight and below should submit entries of 300 words or less. They may write about why reading is their favorite thing to do.

High school students (ninth through 12th grade) should write essays of 500 words or less. Judges like creative entries, where the writer has put some thought into his or her entry. Poetry, stories, and news articles are some different formats that have caught judges' attention in the past.

Entries mailed by postal service must be postmarked by March 12, 2004. All entries submitted by e-mail should be sent no later than March 8, 2004. With every entry there should be an . Entries received after the dates specified above will not be eligible for judging.

Send entries by mail to: **Armed Services YMCA, Attn: Essay Contest, 6359 Walker Lane, Suite 200 Alexandria, VA 22310.** E-mail entries should be sent to [kspooner@asymca.org](mailto:kspooner@asymca.org).





**Got questions? Get answers during the**

# Navy Career Management Symposium

GTMO is set to host its first Navy Career Management Symposium (CMS) December 3-5 for Sailors and family members. Formerly known as Career Decision Fairs, the program recently changed its name to more clearly reflect the nature of the seminars. Representatives from the Center for Career Development (CCD), Navy Enlisted Detailers, and recruiters for all services are set to kick-off the event on December 3.

At this year's inaugural symposium in Japan, Command Master Chief (SW) Bill Anderson, CCD's operations master chief, stated the key message the symposium teams try to bring to Sailors is to make informed career decisions.

"A lot of things in your life happen, and you're going to a decision that is going to impact you for a long period of time. The last thing I want people to do is be emotional. I want people to understand what they're doing, to set a plan, and go out and be a success," said Anderson.

According to Chief of Naval Personnel, Vice Admiral Gerry Hoewing, the Sailors who will get the most out of the Navy Career Symposiums are the ones who participate the most.

"The whole idea behind the career management symposium is to be able to educate Sailors on opportunities, so that they can make informed career decisions," said Hoewing. "At the same time, we spend a lot of time with the commands making sure that they know what those opportunities are, because those opportunities will be made available by knowledge of the local commands."

The symposiums address force-shaping initiatives such as Perform-to-Serve, Assignment Incentive Pay, Obli-Serve to Train and various other personnel and quality of life Issues.

Hoewing went on to add, "These are interactive workshops where Sailors' involvement is key to the program's success. The issues the CMS team helps Sailors and their families work through are extremely important to their future. By getting closely involved with the intricate details of career management our Sailors and their families are better prepared to make sound personal and career decisions."

Director of the CCD in Millington, Tenn., Capt. Jim Gigliotti explained how the workshops are much more than just talk about reenlistment and retention rates, saying, "The focus of what we used to call Career Decision Fairs is the interaction with Sailors. With two-way communication in these symposiums, we can help Sailors better understand programs to help them truly manage their careers."

Workshops planned for the COMNAVBASE symposium include a CPO/LPO Leadership Brief, an Enlisted Career Information Brief, an Officer Career Information Brief, and a Family Career Information Presentation.

*The Gazette* will publish a complete schedule of events and workshops in next week's issue. Attendance at workshops will be mandatory for all NAVSTA Sailors. For more information on the Navy CMS, contact NC1 Stead, 4488 or HMC Siefert, 72102.

## Celebrate American Indian, Alaskan Native Heritage

*From the Department of the Interior, Bureau of Indian Affairs*

What began at the turn of the century as an effort to gain a day of recognition for the significant contributions the First Americans made to the establishment and growth of the United States has resulted in the month of November being designated for that purpose.

One of the early proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian who was the Director of the Museum of Arts and Science in Rochester, New York. He persuaded the Boy Scouts of America to set aside a day for the "First Americans," and for three years the Scouts adopted such a day. In 1915, at the annual Congress of the American Indian Association meeting in Lawrence, Kansas, a plan celebrating American Indian Day was formally approved. The Association directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to set aside a day of recognition. Rev. Coolidge issued a proclamation on September 28, 1915, which declared the second Saturday of May as American Indian Day and contained the first formal appeal for recognition of American Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfeet Indian, rode horseback from state to state, seeking approval for a day to honor American Indians. On December 14, 1915, Red Fox James presented the endorsements of 24 state governments to the White House.

The first state to celebrate an American Indian Day was New York. In Illinois, legislators enacted such a day in 1919. Presently,

several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any legal recognition as a national holiday.

In 1990 President George Bush approved a joint resolution designating November as "National American Indian Heritage Month." Similar proclamations have been issued each year since.

National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures and to educate the public about the heritage, history, art, and traditions of the American Indian

### *American Indian/Alaska Native Heritage Month Observance*



*Strengthening the Spirit  
November 2003*



# *NEX Customer Appreciation Day*

How do you say thank you to loyal and dedicated customers? How about a free warm-up suit, a gift certificate or a trip for two to New York City?

That is exactly how GTMO's Navy Exchange rewarded its loyal patrons during its Customer Appreciation Day on Saturday, Nov. 1.

The event coincided with the kick-off of Military Family Appreciation month. With over 70 GTMO residents winning items ranging from a digital camera to a Caribbean cruise, the NEX and its vendors were definitely showing their appreciation. The NEX gave away over \$40,000 in giveaways and prizes. The day also saw the largest retail day in NEX-GTMO history.

The day began with the New Balance 5K Fun Run with over 300 GTMO residents participating. The overall male winner and female winner were Todd Collins and Amy Ruggero, respectively. See next week's Gazette for a complete list of winners.

Customers were then treated to breakfast and lunch courtesy of the NEX's various sponsors including Coke, Reebok, JVC, Puma, Adidas, Pepsi, Polar Graphics and more.

In the store, residents saved an estimated \$10,000 on special NEX prices and sales. They were also able to speak with representatives from ASICS, Panasonic, New Balance, GET Marketing-Blekin-Targus, Hewlett Packard and JVC.

In the NEX Atrium, tables were set up by various base organizations offering everything from basic information to doughnuts.

Also in the atrium, contestants of the NEX Chili Cook-off gathered to show-off their cooking skills to the expert judges, James Artz, Bret Bosecker and Cheryl Perryman.

All in all the event was a huge success, one that NEX personnel may have a hard time topping at its next Customer Appreciation Day.

## **Grand Prize Winners**

Carlos Herrera - Orlando Trip for Two sponsored by Adidas  
Marko Stawnycezyj - Trip for Two to New York City sponsored by New Car Sales  
Cindy Singer - NBA All Star Game in Los Angeles Trip for Two sponsored by Reebok  
Joseph Perez - Interisland Caribbean Cruise for Two sponsored by ASICS

## **Prize Winners**

Rey Reyes, Terri McCoy, Chris Glover, Marlyn Evans, Vivienne Rodney, Linda Fahey, Judy Steiner, McNamara, Morris Frankie, Kerry Bersman, Darrel Scott, Angel Zambrany, Jim Marren, C. Crouse, Jimmy McNair, Carlos Herazo, Ronald Diag, Nadine Donaldson, Troy Ecum, Stephanie Davis, Maria Edwards, Taylor Edwards, Robert Saxmore, William Bara, Barbara Johann, Bob Coleman, Joanne Willy, Laurie Carlson, Steven Black, John Waters, Juan Batista, Don Drexler, George Lemire, C. Wilson, Gilberto DeJesus, Roger Parkey, Michael Solis, L.A. Diones, Ken Morse, Oscar Jamie, Mariah Crouse, Nadine Myrie, Shawn Pulliam, Brenda Kittrell, Rual Aquino, Mark Chatfield, Terry Johnson, Fadlalla Jamal, Kim Kanash, Josette Archer, Jeff Williams, Tommy Simmons, Vincent Robinson, Ernesto Santos, Dan Huff, Jose Santiago, Marie Spencer, Patrick Moore, Patricia Peterson, Joseph Perez, Michelle Creech, David Hinnant, Mike Boehman, Misty McKinney, Dawn Johnson, Lisa Thompson, Jim Grewe, Joe Sciacca, Jimmy Hinayo, Agnes Newman, Ronald Bulang, William Darby.

**If you have not claimed your prize, call Debbie at 2069.**

## **Chili Cook-off Winners**

Most Flavorful - Danielle Matlock  
Most Unique - Martin Nabours  
Hottest - Lee Conger

Thank you to all who participated in the Customer Appreciation Day. The NEX looks forward to making the next event even better!







Top left: Brig. Gen. Mitchell LeClaire receives advice on fitness shoes from a representative from New Balance. Top right: Two NEX employees sport the special T-shirt designed for the event by Raymond Waugh.

Above: Contestants of the chili cook-off add a few extra spices before judges choose the final winners. Above right: GTMO residents were treated a flavorful lunch cooked by MWR personnel. Right: Always putting on a good show, members of GTMO Taekwondo put on a powerful show.

Opposite page - Far right top: Representatives from the Chapel manned a table in support of its Adopt-a-Sailor Program. Other COMNAVBASE organization also set up tables selling baked goods, T-shirts and providing information. Far right bottom: A rep from Hewlett Packard offers advice to NEX customers. Left: An NEX employee tells a customer about some of the great prizes being given away.



Photos by PH2 Terry Matlock



# Healthwatch: November Highlights Diabetes and Alzheimer's Disease

## November is American Diabetes Month

Did you know that diabetes and heart disease are linked? People with diabetes are at high risk for a heart attack or a stroke. Their heart attacks tend to be more serious and can happen early in life. In fact, two out of three people with diabetes die from heart disease or stroke. Both women and men are at risk.

Fortunately, there is a lot you can do to reduce your risk for heart disease and stroke.

During American Diabetes Month this November, the American Diabetes Association together with the American College of Cardiology, are working to increase awareness of the link between diabetes and heart disease. Through an initiative called "Make the Link! Diabetes, Heart Disease and Stroke" the organizations are urging people with diabetes to learn how they can lower their chances



for heart disease and stroke.

Ready to learn more? Visit the following website:  
[www.diabetes.org/info/link.jsp](http://www.diabetes.org/info/link.jsp).

Additionally, the ADA has developed a new, interactive resource for people newly diagnosed with diabetes or for those looking to learn more about the disease.

The brand-new Diabetes Learning Center is now accessible online at [www.diabetes.org/learningcenter](http://www.diabetes.org/learningcenter).

## National Alzheimer's Disease Month

### What is National Alzheimer's Disease Month?

National Alzheimer's Disease Month is an annual, national observance that was established by President Ronald Reagan in 1983. The observance was begun as a way to increase public awareness and Federal research funding to find treatments and a cure for Alzheimer's disease.

### What is Alzheimer's disease?

Alzheimer's disease is a degenerative disease of the brain that causes a gradual loss of memory, judgment, and ability to function socially. According to the Centers for Disease Control and Prevention, it is the 11th leading cause of death for adults age 65 and older. While the cause of Alzheimer's disease is still uncertain, researchers agree that the risk of developing the condition increases as a person ages. The Alzheimer's Association reports that nearly 4 million elderly Americans suffer from the disease.

### What are the symptoms of Alzheimer's disease?

Memory loss is the most common sign of this disease. However, it is always wise to consult a doctor for an accurate diagnosis about any concerns with memory, thinking skills, and changes in behavior. In addition to memory loss, other warning signs of Alzheimer's disease include: difficulty performing familiar tasks, problems with speech, confusion about a sense of time or place, poor or declining judgment, problems with abstract thinking, misplacement of objects, changes in mood or behavior, changes in personality, and loss of initiative.

### What treatment is available for Alzheimer's disease?

At this time, there is no known medical treatment to cure or stop the progression of Alzheimer's disease. Researchers continue to examine data collected from studies, looking for ways to improve the diagnosis and treatment of the disease.

In a proclamation issued by the White House, President George Bush stated: "Recent studies estimate that 4.5 million Americans are affected by Alzheimer's disease, and that more than 13 million will be affected by the middle of this century. As we seek to increase our

understanding of the causes, symptoms, and effects of this disease, we recognize the victims and the family members, caregivers, and healthcare professionals who care for those afflicted with it.

Researchers have not yet discovered the cause of Alzheimer's disease, but its effects are well documented. Alzheimer's disrupts the processes that keep nerve cells in the brain healthy, resulting in a decline in cognitive abilities. Those affected by Alzheimer's disease grow increasingly dependent on others.

During National Alzheimer's Disease Awareness Month, we especially thank all who care for those affected by this tragic disease. By caring for patients and continuing vital research, we strive to improve the quality of life for today's victims and enhance the health of future generations."

A purple poster for Alzheimer's Awareness Month. The top left text reads "Work With Your Doctor When You Suspect Memory Problems". The top right text reads "Alzheimer's Awareness Month November 2003". The bottom right text reads "Hope &amp; Help for those with memory loss: Creating a partnership with your doctor." and includes the Alzheimer's Association logo with the tagline "Answers to Help You Live". The background of the poster is a close-up photograph of two hands clasped together.



# Adopt a Service Member for the Holidays

Ah, the holidays! A time of joy and merriment, sometimes coupled with holiday stress and strong black coffee. It's giving and receiving and most importantly, it's a time set aside annually to enjoy family togetherness. But what happens when the family can't be together?

This year, to combat the holiday blues that some single and unaccompanied service members may feel during this time of the year, the base chapel is coordinating an Adopt-a- Service Member Program.

Volunteers are being sought who would like to open their hearts and homes to single/unaccompanied service members for Thanksgiving and Christmas dinners.

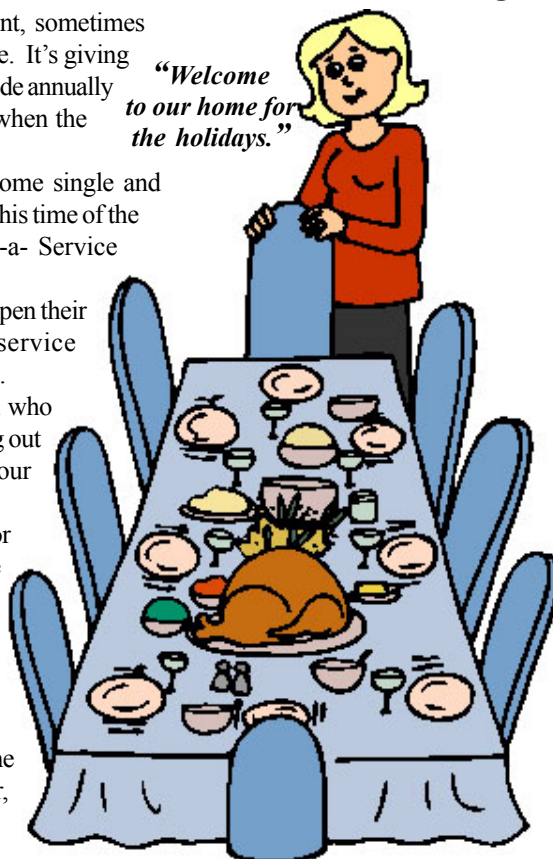
Chances are you're not the only folks in town who can't make it home for a special occasion. Reaching out is a great remedy for the homesickness you or your adopted service member may be feeling.

If you would like to adopt a service member for either or both holidays, contact the chaplain's office at 2323 and provide your contact information, which holiday you are available to host and how many sailors or soldiers you would like to host.

Final numbers of volunteers for Thanksgiving will be put together by the end of next week.

This event is being coordinated in place of the previous chapel sponsored Thanksgiving dinner, which will not be held this year.

*"Welcome to our home for the holidays."*



## T-Shirt Design Contest for Cuban American Friendship Day



**First Place Prize - \$100**

**Second Place Prize - \$75**

**Third Place Prize - \$50**

**Deadline for entries is Friday, Nov. 14th at 5pm.**

**FMI, call Lupe Beltran, 4127.**

## Reef Raiders SCUBA Olympics

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### Reef Raiders SCUBA Olympics

**November 13 at 1pm at Phillips Park.**

**Admission is \$5 per person or \$10 per family.**

**Price includes lunch and a beverage.**

## Worship Services

### Catholic Mass

(Main Chapel) **Monday - Friday**  
Daily Mass (Cobre Chapel) 1130

### Friday

Holy Hour/Rosary 1700  
(Cobre Chapel)

### Saturday

Reconciliation 1630  
Eucharist/Mass 1730

### Sunday

Eucharist/Mass 0900  
La Santa Misa (Spanish) 1015  
Eucharistic Adoration  
(Cobre Chapel) Daily 24hrs

### Protestant Services

### Sunday

Sunday School 0930  
Services - Main Chapel 1100  
Children's Sunday School 1130

### New Life

(Main Chapel) **Sunday**  
Worship Service 1245

### Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

### Sunday

Sunday Sacrament 0900

### Monday

Families Home Evening 1800

### Wednesday

Ladies Relief Society 1900

### Thursday

Young Women 1900

### Jewish

(Fellowship Hall)  
Every Friday 2000

### Filipino Bible Fellowship

(Sanctuary A) **Sunday**  
Worship 1800

### Iglesia Ni Cristo

(Sanctuary B) **Sunday**  
Worship 2000

### Pentecostal Gospel Temple

(Sanctuary C) **Sunday**  
Worship 0800 & 1700

### Seventh Day Adventist

(Sanctuary B) **Saturday**  
Divine Service 1100

### Islamic Service

(Classroom 18) **Friday**  
Worship 1300

### United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)  
Sunday Service 1100 & 1830

### Camp America Chapel

**Sunday**  
Praise & Worship 0900  
Bus Transportation available at 8am,  
Windward Loop and 8:15am, TK.

**For information about Sunday School, Education Programs, Bible Study, Prayer Groups, etc. Call the Chaplain's Office at 2323.**

## *School Lunch Menu*

**Nov. 10 - 14**

### - MONDAY -

Pepperoni Pizza,  
Carrot Sticks,  
Buttered Corn,  
Orange Wedges,  
Milk

### - TUESDAY -

Veteran's Day  
Holiday  
No School

### - WEDNESDAY -

Chicken Pattie,  
Lettuce & Tomato,  
Baked Beans,  
Apple Wedges,  
Milk

### - THURSDAY -

Beef Taco w/ Crispy  
Shell, Lettuce,  
Tomato & Cheese,  
Vegetable Rice, Fruit  
Gelatin, Milk

### - FRIDAY -

BBQ Chicken,  
Potato Wedges,  
Broccoli,  
Orange Wedges,  
Milk



You can drop off  
non-perishable food  
items for the  
**Holiday Food Drive**  
at the Bulkeley Hall  
Quarterdeck, the  
Hospital  
Quarterdeck or the  
NEX Atrium on Nov.  
8<sup>th</sup> and 15<sup>th</sup>.

## **DAPA Notes** **Make Your Tour in GTMO a Success**

1. Know that you **MUST** be 21 years old to consume, purchase, transport or possess any form of alcoholic beverage.
2. Do **NOT** give any alcoholic beverage to persons not yet 21!
3. If you appear to be intoxicated you will not be served alcohol at any establishment that serves alcohol.
4. There is a "Safe Ride Van" available at all MWR establishments, all you need to is ask an MWR representative for a ride.
5. The "Safe Ride Van" stops running after club closes. The buses run until 0100.
6. You can get **FREE** non -alcoholic drinks, if you are the Designated Driver.
7. You **CAN NOT** walk down the street drinking any alcoholic beverage.
8. No bottles on the beach or at the Lyceum.
9. Don't drink and drive.
10. If you plan on drinking, do so **RESPONSIBLY**. You will be held accountable for your actions sober or not..

### **Force Protection**

*Before going on leave, complete a quarters vacancy form at the base housing office. Also, ask a trusted friend to periodically check on your residence.*

### **Energy Conservation**

*Keep your vehicle well-tuned. A well-tuned vehicle uses up to 9 percent less fuel than poorly tuned vehicles and releases less pollution.*

### **Water Conservation**

**Oct 27 - Nov 2**

Used	7.062,000.0
Daily avg.	1,008,857.1
Daily goal	1,000,000 gal

We were **\$1,178** over budget for the week.



# GTMO SHOPPER

## FOR SALE

(1) L-Shaped Computer Desk, O'Sullivan, medium brown (not quite cherry wood color), 3 drawers/2 split shelves (4 storage slots). 7 months old. Asking \$175. Call 7337 AWH, 4320 DWH.

(1) Home Gym for sale - Weider 8920. Completely assembled! Purchased from NEX 1 month ago. Sale includes home gym + curling bar, dumbbells, weights and weight tree. New condition, used once. Call 7337 AWH, 2389 DWH.

(1) Ashley Furniture Loveseat. Less than one year old. Excellent condition. Sells at NEX Furniture Store for \$420.00. Yours for \$200.00 firm. Call 7633 or 5517.

(1) Formal length teal girl's gowns with matching pumps. Only worn once. \$30 each set. Call 7633.

(1) Items for sale: large oak-colored entertainment center, \$60; Large BC, \$40, Had PM done 3 months ago; Weight Belt, great condition, \$10; Dive Knife, \$20; 17" Computer Monitor, \$40; Flat Bed USB Scanner, runs like a champ and no external power needed, \$30; Off-road Bicycle, \$10 - needs a pedal stem; Digital Camera. Kodak, LCD Screen is broken but it still works like a champ. 2 Compact Flash Cards and CF Reader included, \$65. FMI, call 7111 or 8-4040.

(1) Indoor/Outdoor plants. FMI, call 3243.

(2) Paintball marker. Brand new 68 automag right out of the box. \$325 or best offer. Call 7797 and ask for Ray.

(2) Schwinn Mountain Bike w/helmet. \$100 OBO. Call Moe at 3466.

(2) Salt Water Aquarium -58 gallon custom glass Oceanic tank, stand, lights, hood, wet-dry filter system, pumps, test kits, instant ocean "sea salt", books, and lots of accessories. Excellent Condition. \$400. Call (H) 5725, (W) 4588.

(2) MAH JONG SET, brand new, never used. Paid \$150, selling for \$100. Call Jan at 2650.

(2) Weider 8525 home gym. Includes six stations, reinforced steel frame and cable resistance weight stack, high pulley and low pulley work chest, lats, back, rowing & hip extensions, leg developer station. Less than 1 year old. \$125. Call 5517.

(2) Carpets - 12x15 green, \$75; 9x12 red, \$50; 6x9 pink, \$30. OBO for each. Call Rich or Yolanda, 7339.

(3) New halogen bicycle light, certified internet headphones and one visi-belt - both brand new and still in packaging. FMI, call 3718 after 8pm.

(3) Dive Gear For Sale, 2 complete sets, lots of little things. Contact Trish 7495.

## VEHICLES/BOATS

(1) 1994 Pontiac Sunbird, only 62,000 miles, body and motor in great shape -

\$1,900. Call (w) 3187 or (h) 8648.

(1) 2 Waverunners: 1997 SeaDoo GTX three seater, and a 1997 Polaris SL1050. Look brand new and run great. Come with covers, 4 life jackets, double trailer with heavy duty tool box. New batteries w/ approx. 160 hours on each engine. Have original titles. \$7,200. Call/lv msg., 7511.

(1) 1985 Dodge Diplomat, 4dr, good condition, low miles - asking \$1,700. Call 8091.

(2) 2001 Honda Shadow VLX (600CC). Low mileage. Asking \$5,500. Includes 2 helmets. AWH call 5526.

(2) Gas powered scooter, electric starter, battery charger, head light and tail lights, mirrors, seat. Folds and stores - \$250. Call Clifton w/4085 h/7455

(2) 1990 Chevy 1-ton Van, 350efi, 400 trans, primer gray. New tires and steering linkage - \$1,200. Call Rich or Yolanda between 8am and 5pm at 7339.

## EMPLOYMENT

LB&B Associates Inc., a diversified government services contractor, based in Columbia, MD is accepting resumes in the areas of Air Terminal Operations, Defense Fuel Supply Point Operations, and Warehousing Services for Naval Station Guantanamo Bay, Cuba. Please send resumes to Jason Frett via e-mail at [employment@lbbassociates.com](mailto:employment@lbbassociates.com) or fax to 301-596-7879, Attn: Jason Frett.

The following are job vacancies currently open through the Human Resources Office.

### Vacancies:

**Relocation Assistance Counselor** - closes 11/14/03

**Medical Clerk** - closes 11/14/03

### Open Continuous Vacancies

**Practical Nurse**, 1<sup>st</sup> cutoff 9/3/03, closes 8/20/04

**Firefighter**, 1<sup>st</sup> cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees. For more information contact the Human Resources Office at 4441.

Choctaw Management Services seeks Nutritionist/Dietitians/Nurses - requires BS in Nutrition, Dietetics, Nursing or Home Economics. RN without BSN will be considered. Experience is prenatal, maternal or infant nutrition required. Must have current driver's license. FMI, Call (210) 341-3336 or visit our website at [www.cmse.net](http://www.cmse.net).

## SERVICES

Will do light housework and ironing. Call 3243 for more information.

## WANTED

**Cardplayer** - Looking for a Bridge game. I'll join your foursome, or we can start our own. Call Ed at (h)8190 or (w)5492.

## GTMO Christmas Ornaments



The PTO is selling Christmas Ornaments at the NEX Atrium from 9am to noon on Saturday, Nov. 8th. Christmas Ornaments are \$10. Also on sale, Botany CD's, \$10. **Holiday Specials! Ornament & Cookbook - \$15 Cookbook - \$8.** These two holiday specials in effect through January 9th, 2004. There are a **limited amount of ornaments** so be sure to get yours while you can. Once they're gone, they're gone!

**FEMALE VOCALIST** - GTMO's Least Worst Band seeks a female vocalist who can sing a variety of musical styles. FMI, call Mike, 7111, or Ed, 7130.

Trumpet to purchase. Call 5073 (DWH) and ask for SGT Lewis, or 8016 (AWH).

Looking for a family car: must be reliable and seat 4 or more. Call 7314. Messages will be returned promptly.

**Volunteers** needed to teach English as a second language. If interested or for more information, contact Mrs. Laura at 4264 (DWH) or 7361 (AWH).

**Volunteers** needed for the **Tax Center**. FMI, contact LCDR Nygard at 4692.

**Volunteers** needed for the **DANTES Test Center**. Contact LCDR Nygard at 4692 or CE1 Ulfers at 3996 for more information.

## ANNOUNCEMENTS

**Baby Shower for Julit Sullivan - Nov. 16th, 1 to 6pm at the Community Center. Bring your favorite dish or dessert and celebrate with Ric and Julit in this joyous occasion.**

**Coupon Meeting** - Wednesday, November 12th, 7-9pm at the Community Center. Please bring an envelope to fill.

**PTO Meeting** - Tuesday, November 18th, at the Elementary School in Room A9. Childcare provided by PTO free of charge

**Columbia College opens** for walk-in

business on Thursday, **November 6**. Office located in the Navy College Office on Chapel Hill. Hours of operation are Monday-Friday, 10am to 6pm. To schedule an appointment, please request via email at [columbiacollege04@yahoo.com](mailto:columbiacollege04@yahoo.com).

## LOST & FOUND

**LOST** - Lost #2 Gallaway putter around hole 5 at the golf course. Lost on Oct. 30, in the evening. Call Jay Wojcik, (H) 7126 or (W) 4847.

**LOST** - Minolta camera at Iguana Terrace on Friday, 10/17, at childrens' soccer game. Please call Cheryl at #7338.

**LOST** - Silver Cross necklace w/6small diamonds. Lost in hospital area or Dock of the Bay. Very sentimental. Call Pat at 7683 or 7-2624.

## YARD SALES

Friday, Nov. 7, 5 to 7pm & Saturday, Nov. 8, 9am until it's gone! - CC35A - Everything must go, no reasonable offer refused!

Saturday, Nov. 8 - 2232 VLA, 7:30 to 11am - shoes, girls clothes, toddler boys, stroller, playpen, bike everything must go.

Saturday, Nov. 8 - 725B VL, 9am to ? - bikes, power wheels, clothes and more.

Sunday, Nov. 16 - CB1185, 7am to noon - household items, clothing. Selling everything quick and cheap! No early birds!

## Base Insurance Office Moving

Effective Tues, Dec. 2, the Base Insurance Office will be operated by Ruth G. Unruh. and located at Caravella Point, 5A (on hospital road). Hours of operation will remain the same. For more information, call Ruth at 5579, after 5pm.

## CABIN FEVER

**Suspense/Horror**  
1hr 34min

*Starring:*  
Jordan Ladd  
James DeBello  
Rider Strong

A group of college grads escape to a remote cabin in the woods to enjoy some R and R before entering the working world. Merriment and good times sour when a delirious stranger covered in bloody sores crashes their party. Shots are fired and the lunatic flees into the woods, but it's too late—contact was already made. Soon one of them gets ill and her skin starts to bubble and burn. To protect themselves, they isolate her... then the fear of contagion sets in and they turn on one another, realizing that any one of them could be next.



## MATCHSTICK MEN

**Crime/Drama**  
2hr

*Starring:*  
Nicholas Cage  
Sam Rockwell  
Alison Lohman

A phobia-addled con artist and his protege are on the verge of pulling off a lucrative swindle when the unexpected arrival of his daughter disrupts his carefully ordered life and jeopardizes his high risk scam.



## JEEPERS CREEPERS 2

**Suspense/Horror**  
1hr 46min

*Starring:*  
Johnathan Breck  
Justin Long  
Nicki Lynn Aycox

An ancient creature known as the Creeper embarks on a final voracious feeding frenzy, terrorizing a group of varsity basketball players, cheerleaders and coaches stranded on a remote highway after their bus breaks down.



# Movies

## FRIDAY, NOV 7

8pm Uptown Girls  
PG13 93min

10pm Matchstick Men  
PG13 120min

## SATURDAY, NOV 8

8pm The Medallion  
PG13 89min

10pm Cabin Fever  
R 94min

## SUNDAY, NOV 9

8pm Runaway Jury  
R 130min

## MONDAY, NOV 10

8pm Dickie Roberts  
PG13 92min

10pm The Order  
R 106min

## TUESDAY, NOV 11

8pm Jeepers Creepers 2  
R 106min

## WEDNESDAY, NOV 12

8pm Cabin Fever  
R 94min

## THURSDAY, NOV 13

8pm Mystic River  
R 130min



### Power Lift Competition

November 8th

Entry deadline November 6th

No entry fee

Weigh-ins start at 10am

Competition starts at 11am

FMI call 2193

### Veteran's Day Paintball Tournament

November 11th

Starts at 9am at Cooper Field

Sign-up by noon November 10th

Youth and Women's Divisions

Trophies, T-shirts and more!

No equipment rental fees

Sign-up at the Paintball Range/Marina

FMI call 2345

### Captain's Cup F.A.S.E. Challenge

Fitness, Athletics, Strength, and

Endurance Challenge

November 14th

Entry deadline November 12th

at 6pm at the Base Gym

Must have four to each team

No entry fee

FMI call 2193

### GTMO Xtreme Adventure Race

November 22

Start time 6am at the Sailing Center

Mountain Bike, Kayaking,

Cross-country run

4-person Co-ed teams

FMI call 2345

### MWR Turkey Shoot

November 22

6pm at the Bowling Center

Bowl 3 Strikes in a row

Cost \$7

FMI Call 2118

### Parent's Night Out

Nov 15th 6:30pm to Midnight

A reservation fee of \$2.50 is due by

Nov 12th to hold a spot for your

child(ren). An additional fee of \$1.50 is

due for each additional child. The

reservation fee is non-refundable. One

hour-\$2.50, two hours-\$5.00 and three

or more hours-\$12.00

FMI Call 36648

For more information on any of the events listed above, call 5225.